

# 21 DAY FIX GROCERY LIST



## VEGGIES

11 horizontal lines for listing vegetable items.



CONTAINERS PER DAY



## FRUITS

10 horizontal lines for listing fruit items.



CONTAINERS PER DAY



## CARBS

10 horizontal lines for listing carbohydrate items.



CONTAINERS PER DAY



## HEALTHY FATS

3 horizontal lines for listing healthy fat items.



CONTAINERS PER DAY



## SEEDS & DRESSINGS

3 horizontal lines for listing seeds and dressings items.



CONTAINERS PER DAY



## PROTEINS

7 horizontal lines for listing protein items.



CONTAINERS PER DAY



## TEASPOONS

3 horizontal lines for listing items measured in teaspoons.



TEASPOONS PER DAY



## FREE FOODS

<i>vinegars</i>	<i>lemon &amp; lime juice</i>	<i>mustard</i>
<i>herbs &amp; spices</i>	<i>garlic</i>	<i>hot sauce</i>
<i>ginger</i>	<i>flavor extracts</i>	<i>coffee &amp; teas</i>